

PREVENTIVE CARE FOR YOUNG CHILDREN

5-6 YEARS

Nutrition and feeding

- ★ Offer 3 meals/3 snacks each day
- ★ Can serve low fat or skim milk
- ★ Caregivers responsible for providing food; child responsible for what and how much is eaten
- ★ never put children on a weight loss diet instead encourage healthy food AND increased activity
- ★ limit high salt, high sugar and high fat foods
- ★ encourage healthy snacks

Growth and development

- ★ uses vocabulary of 2100 words
- ★ loves going to school
- ★ enjoys being part of the group
- ★ likes to please caregivers; does chores at home
- ★ dresses self without help
- ★ knows own telephone number/ address
- ★ draws person with head, body, arms, legs
- ★ prints some letters; recognizes most of alphabet
- ★ skips

Safety and injury prevention

- ★ insist on child taking responsibility to always use seat belt; is everybody using seat belts?
- ★ use rear lap shoulder belt alone if it fits properly - does not cross the face or neck and fits across the child's hip and does not ride up across the stomach
- ★ the back seat is the safest place for children of any age to ride
- ★ avoid having a loaded gun or toy gun at home
- ★ lock ammunition in separate place away from gun
- ★ teach respect for unknown animals; do not run to or from, tease, or frighten any animal
- ★ teach how to interact with strangers; never let a stranger in the house; never get into a stranger's car
- ★ teach swimming rules and a healthy respect for water
- ★ teach sports safety
- ★ use sunscreen before outdoor play
- ★ lock up poisons, electrical tools, matches. Have home fire drills; use smoke alarms
- ★ teach bicycle safety rules; always wear a helmet
- ★ keep Ipecac in home; know Poison Control number 1-800-Poison-1 (1-800-764-7661)
- ★ check expiration date on medicine

Young school age children enjoy

- ★ reading
- ★ outdoor games and sports; games with peers
- ★ music, singing
- ★ trips to zoo, park, etc.
- ★ lots of praise
- ★ regular size crayons, colored pencils, writing paper, numbers

(5-6 years, continued)

Health teachings

- ★ use fluoridated toothpaste; supervise tooth brushing
- ★ drink fluoridated water OR take fluoride supplement until age 13
- ★ learn how to handle dental injuries/emergencies
- ★ if thumb/ finger sucking continues and does not stop with peer pressure, etc., contact your dentist for help
- ★ have age-appropriate sexual education books in home
- ★ keep a smoke free environment
- ★ avoid over-the-counter drugs without doctor's advice
- ★ monitor sleep-overs; children this age require 7-9 hours sleep/ night
- ★ help child learn "appropriate touch"
- ★ teach phone number and address
- ★ learn CPR
- ★ set limits, use distraction, gentle restraints, timeout (1 min./year of life) for unwanted actions

Family issues

- ★ adjust to child going to school
- ★ increase self-confidence through honesty, praise and positive reinforcement
- ★ monitor and limit TV time; free up time to be with peers
- ★ help child learn to participate in and follow group rules
- ★ expect child to follow family rules, e.g., bedtime, chores
- ★ be a positive role model
- ★ spend individual time with each child
- ★ violence potential; handle anger appropriately
- ★ watch for neglect or abuse
- ★ may need extra support, e.g., divorce, disability, income issues, grief, transportation
- ★ may need additional child care services
- ★ exercise together as a family

Questions? Contact:

- ✎ Local Community Health Services Office
- ✎ Local Family Resource List
- ✎ Head Start
- ✎ Resources for Family - Provider Information Line 1-800-529-5000
- ✎ SD Department of Health 1-800-738-2301
- ✎ Health Care Provider

**REMEMBER: Everyone wash hands
(Adults and Children)**